



Friday Beat

June 23, 2023, Edition

The newsletter that takes a [Whole School, Whole Community, Whole Child](#) approach. The *Friday Beat* is a free publication of the Texas Department of State Health Services. It is edited and compiled by the [School Health Program](#).

Announcements

National Post-traumatic Stress Disorder (PTSD) Awareness Day

June 27th, 2023 is recognized as National PTSD Awareness Day. [The Centers for Disease Control and Prevention \(CDC\)](#) published a [resource on PTSD in children](#). All children may experience very stressful events that affect how they think and feel. Read more for information and tools for parents, educators, and community members to better understand and treat PTSD in young people.

Professional Development

Spotlight on New Onset Headaches & Seizures Webinar

The [Texas Children's Hospital](#) offers a [Virtual Educational Series](#) which provides a forum for educating and connecting community providers with pediatric specialists. The next virtual education event will be held on June 26 from 12:30 a.m. to 1:30 p.m. CDT and focus on addressing standards of practice for patients with new onset headaches and seizures. All providers and staff members are invited to attend. For more information and to register, visit the [virtual education event](#) page.

Health Education

Myths About Mental Health and Quitting Nicotine

[The Truth Initiative](#) published an article on [common myths about nicotine use and mental health](#). Young people today are experiencing the ongoing youth mental health crisis and the youth e-cigarette use crisis, which has implications for mental health. The article debunks these myths and shares information and resources on supporting young people in quitting nicotine use.

Native Diabetes Wellness Program Eagle Books

The [Centers for Disease Control and Prevention \(CDC\)](#) Native Diabetes Wellness Program has a reading resource for students in kindergarten through 8th Grade. [Eagle Books](#) are a series of books for young readers that encourage healthy living. Colorful, Native American inspired characters in the stories promote healthy eating, physical activity, and diabetes awareness. These books are free and available for download.

Physical Education and Physical Activity

Presidential Youth Fitness Program Trainings

The [Presidential Youth Fitness Program](#) has [free training resources](#) for physical education teachers. Training includes information on best practices, teaching tools, and effective communication strategies. Access the program checklist, resources guide, and more.

Ways to Be Active for 60 Minutes Each Day

[Alliance for a Healthier Generation](#) encourages families to be physically active for 60 minutes every day. Family members of all ages can spread out their physical activity throughout the day and still experience its benefits, meaning those shorter movement breaks add up. Examples of outdoor, indoor, and all-weather family activities are listed in the [online activities handout](#).

Nutrition Environment and Services

2023 Farm to School Census Resources

The [U.S. Department of Agriculture Food and Nutrition Service \(FNS\)](#) will field the 2023 Farm to School Census in Fall 2023. FNS requests information from school food authorities regarding their use of local food in school meals and other participation in farm to school activities in FY 2022-2023. Share the [Farm to School Census Resources page](#) with state agencies and their partners for information to help prepare for and complete the 2023 census.

North Texas Food Bank Kids Camp

The [North Texas Food Bank](#) is hosting the inaugural Kids Camp for children ages 8-11, where young people are empowered to understand and fight hunger in their neighborhood. Kids Camp will be held on Mondays during the months of June and July. There will be seven sessions available for sign-up. Visit the [Kids Camp webpage](#) for more registration information.

Health Services

Texas Schools Can Request Free EpiPens for Each Campus

Schools may request free epinephrine auto-injectors from the [EpiPen 4 Schools Program](#). Anaphylaxis is a life-threatening allergic reaction that can be caused by food allergies, insect stings, latex allergies, medication, and exercise. Epinephrine is the emergency drug of choice for an anaphylactic reaction and must be given immediately. If not treated properly, anaphylaxis can be fatal. Visit this [Texas Department of State Health Services School Health Program website](#) to learn more about how to implement an epinephrine auto-injector program on school campuses.

Family Engagement

Ways to Build a Network of Support for Your Child at School

The [Alliance for a Healthier Generation](#) published [ways to build a network of support for children at school](#), focusing on how the role of family engagement in the school community improves academic achievement and builds self-esteem. Family engagement also increases parents' and caregivers' confidence in their own decision-making at home and with their children's teachers. As summer approaches, incorporate 6 steps to connect with school staff and other families in the community before the new school year begins.

Screen Time Guidelines for Big Kids

[Nemours Kids Health](#) published [guidelines for screen time for kids](#), including recommendations from the American Academy of Pediatrics and screen time tips. Review these guidelines before planning summer activities and encourage kids to find activities with less required screen time. This resource is [also available in Spanish](#).

Community Involvement

Sweet Summer Habits

[It's Time Texas](#) celebrates their [Sweet Summer Habits Campaign](#), designed to inspire and encourage school aged children to prioritize their wellbeing throughout the summer months. The campaign focuses on promoting healthy activities, providing resources, and fostering a supportive community. Interactive gameboards, free virtual exercise classes, telehealth coaching, and other summertime tips and resources are available to children, parents, and educators.

Quote to Note

"A healthy attitude is contagious but don't wait to catch it from others. Be a carrier."
-Tom Stoppard

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